










# February 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>The average person can live about a month without eating any food, but can only live about a week without water.</p> 		<p>1 <b><u>Breakfast</u></b> Eggs &amp; Toast <b><u>Lunch</u></b> Pizza, Lettuce Salad, Corn, Pears, Frozen Ice Milk</p>	<p>2 <b><u>Breakfast</u></b> Pizza <b><u>Lunch</u></b> Oven Fried Chicken, Mashed Potatoes, Gravy, Mixed Veggies, Sauerkraut, Rice Crispy Bar</p>	<p>3 <b><u>Breakfast</u></b> French Toast <b><u>Lunch</u></b> Santa Fe Pasta, Green Beans, Peaches, Bread Sticks</p>	<p>4 <b><u>Breakfast</u></b> Sausage &amp; Toast <b><u>Lunch</u></b> Fish Portion, Buttered Spaghetti, Peas, Applesauce, Peanut Butter Bar</p>	5
6	<p>7 <b><u>NO SCHOOL</u></b> TEACHER IN-SERVICE</p>	<p>8 <b><u>Breakfast</u></b> French Toast <b><u>Lunch</u></b> Weiner Winks, Baked Beans, Sauerkraut, Pears, Frozen Ice Milk</p>	<p>9 <b><u>Breakfast</u></b> Pizza Dippers <b><u>Lunch</u></b> Sloppy Joe On SMB, Corn, Pasta Salad, Applesauce</p>	<p>10 <b><u>Breakfast</u></b> Breakfast Pizza <b><u>Lunch</u></b> Chicken Tetrizzini, Green Beans, Peaches, Hot Rolls</p>	<p>11 <b><u>Breakfast</u></b> Eggs &amp; Toast <b><u>Lunch</u></b> Macaroni &amp; Cheese, Chicken Nuggets, Broc.&amp;Calif., Sliced Apples, Apple Crisp</p>	12
	<p>14 <b><u>Breakfast</u></b> Sausage &amp; Toast <b><u>Lunch</u></b> Hamburger on School Made Bun, Green Beans, Butter Beans, Mixed Fruit</p>	<p>15 <b><u>Breakfast</u></b> Breakfast Pizza <b><u>Lunch</u></b> Chicken Burrito, Lettuce, Cheese, Salsa, Corn, Peaches, White Cake</p>	<p>16 <b><u>Breakfast</u></b> Cereal &amp; Toast <b><u>Lunch</u></b> Beef &amp; Noodles, Mashed Potatoes, Peas, Pears, Bread Sticks</p>	<p>17 <b><u>Breakfast</u></b> Eggs &amp; Toast <b><u>Lunch</u></b> Ham &amp; Cheese Sandwich, Potato Chips, Baked Beans, Applesauce, Cobbler, Fresh Fruit</p>	<p>18 <b><u>Breakfast</u></b> French Toast <b><u>Lunch</u></b> Cheese Pizza, Lettuce Salad, Carrots, Pineapple, Frozen Ice Milk</p>	19
20	<p>21 <b><u>Breakfast</u></b> Pizza <b><u>Lunch</u></b> Turkey Fritter on SMB, French Fries, Breaded Tomatoes, Sliced Apples &amp; Oranges</p>	<p>22 <b><u>Breakfast</u></b> Breakfast Pizza <b><u>Lunch</u></b> Tuna Salad Sandwich, Potato Chips, Creamed Peas, Pears, Oatmeal Bar</p>	<p>23 <b><u>Breakfast</u></b> Sausage &amp; Toast <b><u>Lunch</u></b> Ravioli, Corn, Applesauce, Hot Rolls</p>	<p>24 <b><u>Breakfast</u></b> Pizza Dippers <b><u>Lunch</u></b> Chili, Crackers, Cheese, Peaches, Snicker doodle cookie</p>	<p>25 <b><u>NO SCHOOL</u></b></p>	<p>26</p> 
27	<p>28 <b><u>Breakfast</u></b> Eggs &amp; Toast <b><u>Lunch</u></b> Chicken Nuggets, French Fries, Spinach, Pineapple, Chocolate Cake</p>	<p>MENU IS SUBJECT TO CHANGE</p> <ul style="list-style-type: none"> <li>-Milk and 100% Juice is offered with each breakfast.</li> <li>-Either white or chocolate low fat milk is offered with every meal; as is a peanut butter sandwich when no other bread is offered.</li> <li>-Lettuce salad bar will be offered to staff, middle school and high school students.</li> </ul>				

# March 2011




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1 Breakfast</b> French Toast <b>Lunch</b> Santa Fe Pasta, Green Beans, Butter Beans, Peaches, Bread Sticks	<b>2 Breakfast</b> Eggs & Toast <b>Lunch</b> Taco Salad, Lettuce, Cheese, Chips & Salsa, Carrots, Mixed Fruit, Choc. Chip Cookie	<b>3 Breakfast</b> Sausage & Toast <b>Lunch</b> BBQ Pork on SMB, Baked Beans, Applesauce, Fresh Fruit	<b>4 Breakfast</b> Breakfast Pizza <b>Lunch</b> Ham Patty, Baked Potato, Cheese Sauce, Broccoli, Cauliflower, Pears, Frozen Ice Milk	<b>5 Orange Smoothies</b> Serves: 2 Serving Size: 8 oz <b>Ingredients:</b> 2 cups orange juice 2 tsp. sugar 2/3 cup instant dry-fat milk 1 tsp. vanilla
6	<b>7 NO SCHOOL</b> TEACHER IN-SERVICE	<b>8 Breakfast</b> Eggs & Toast <b>Lunch</b> Beef & Bean Burrito, Lettuce, Cheese, Salsa, Corn, Mandarin Oranges, Oatmeal Cake	<b>9 Breakfast</b> Pancake on a Stick <b>Lunch</b> Fish Portion, Peas, Pasta Salad, Peaches, Frozen Ice Milk	<b>10 Breakfast</b> Sausage & Toast <b>Lunch</b> Chicken Patty on SMB, French Fries, Coleslaw, Applesauce	<b>11 Breakfast</b> Breakfast Pizza <b>Lunch</b> Country Fried Steak, Mashed Potatoes & Gravy, Gr. Beans, Pears, Hot Rolls	<b>Instructions:</b> Combine all ingredients in a covered jar and shake until well blended. Serve immediately. <b>Hints:</b> For other smoothie flavors, use different kinds of 100% juice.
13		<b>14 Breakfast</b> French Toast <b>Lunch</b> Chili, Crackers, Cheese, Pears, Cookies	<b>15 Breakfast</b> Sausage & Toast <b>Lunch</b> Rib Patty on SMB, Potato Wedges, Rosy Applesauce, Spinach	<b>16 Breakfast</b> Breakfast Pizza <b>Lunch</b> Creamed Turkey over Biscuits, Corn, Sliced Apples, Carrot Sticks	<b>17 Breakfast</b> Pizza <b>Lunch</b> Ravioli, Green Beans, Peaches, Fresh Fruit, Bread sticks	<b>18 Breakfast</b> Eggs & Toast <b>Lunch</b> Cheese Pizza, Carrots, Lettuce Salad, Pineapple, Frozen Ice Milk  Nutrition facts per serving: 216 calories, 0.7 g fat, 0.5 g fiber, 130.1 mg sodium, 4.2 mg cholesterol Recipe from Iowa State University Extension: Spend Smart, Eat Smart
20 <i>First Day of Spring</i>	<b>21 Breakfast</b> Sausage & Toast <b>Lunch</b> Chicken & Noodles, Gr. Beans, Coleslaw, Peaches, Cinnamon Rolls	<b>22 Breakfast</b> Cinnamon Rolls <b>Lunch</b> Taco Salad, Lettuce, Cheese, Chips & Salsa, Corn, Mixed Fruit, Cookie	<b>23 Breakfast</b> French Toast <b>Lunch</b> Hamburger on SMB, French Fries, Fresh Fruit, Pears, Carrots	<b>24 Breakfast</b> Breakfast Pizza <b>Lunch</b> Beef & Noodles, Mashed Potatoes, Broccoli & Cauliflower, Sliced Apples, Hot Rolls	<b>25 Breakfast</b> Eggs & Toast <b>Lunch</b> Toasted Cheese, Baked Beans, Sauerkraut, Rosy Applesauce, Frozen Ice Milk	26 
27	<b>28 Breakfast</b> Pancakes <b>Lunch</b> Spaghetti w/Meat Sauce, Mixed Veggies, Sweet Potatoes, Sliced Apples, Chocolate Cake	<b>29 Breakfast</b> Sausage & Toast <b>Lunch</b> Turkey Fritter on SMB, Corn, Coleslaw, Mandarin Oranges, Fresh Fruit	<b>30 Breakfast</b> Breakfast Pizza <b>Lunch</b> Lasagna, Green Beans, Peaches, Bread Sticks	<b>31 Breakfast</b> French Toast <b>Lunch</b> Chicken Strips, French Fries, Breaded Tomatoes, Pears, Cobbler	<b>MENU IS SUBJECT TO CHANGE</b> -Milk and 100% Juice is offered with each breakfast. -Either white or chocolate low fat milk is offered with every meal; as is a peanut butter sandwich when no other bread is offered. -Lettuce salad bar will be offered to staff, middle school and high school students.	

# April 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MENU IS SUBJECT TO CHANGE</b> -Milk and 100% Juice is offered with each breakfast. -Either white or chocolate low fat milk is offered with every meal; as is a peanut butter sandwich when no other bread is offered. -Lettuce salad bar will be offered to staff, middle school and high school students.					<b>1 <u>Breakfast</u></b> Eggs & Toast <b><u>Lunch</u></b> Macaroni & Cheese, Lil' Smokies, Broccoli, Cauliflower, Sliced Apples, Apple Crisp	<b><u>Berry Fruit Salad</u></b> •1 cup fresh strawberries, hulled and quartered lengthwise •1 cup fresh blueberries •1 cup fresh blackberries •1 cup fresh raspberries •1 teaspoon white sugar
<b>3</b> 	<b>4 <u>Breakfast</u></b> Eggs & Toast <b><u>Lunch</u></b> Burrito, Lettuce, Cheese, Salsa, Corn, Sliced Apples, Pumpkin Bar	<b>5 <u>Breakfast</u></b> Sausage & Toast <b><u>Lunch</u></b> Pizza, Carrots, Lettuce Salad, Pears, Frozen Ice Milk	<b>6 <u>Breakfast</u></b> Pizza <b><u>Lunch</u></b> Beef & Noodles, Mashed Potatoes, Gr. Beans, Fresh Fruit, Rosy Applesauce, Whole Wheat Rolls	<b>7 <u>Breakfast</u></b> French Toast <b><u>Lunch</u></b> Chicken Patty on SMB, Baked Beans, Spinach, Peaches	<b>8 <u>Breakfast</u></b> Breakfast Pizza <b><u>Lunch</u></b> Fish Portion, Cheesy Potatoes, Sweet Potatoes, Pineapple, Oatmeal Cake	Directions Mix strawberries, blueberries, blackberries, and raspberries together in a bowl. Sprinkle with sugar. <b>Nutritional Information</b> <b>Amount Per Serving</b> Calories: 45   Total Fat: 0.4g   Cholesterol: 0mg
<b>10</b>	<b>11 <u>Breakfast</u></b> Pancake on a Stick <b><u>Lunch</u></b> Chili, Crackers, Pears, Cookie	<b>12 <u>Breakfast</u></b> Eggs & Toast <b><u>Lunch</u></b> Teriyaki Chicken Strips, Corn, Breaded Tomatoes, Mandarin Oranges, Choc. Cake	<b>13 <u>Breakfast</u></b> Sausage & Toast <b><u>Lunch</u></b> Hamburger on SMB, Peas, Peaches, Pasta Salad	<b>14 <u>Breakfast</u></b> Breakfast Pizza <b><u>Lunch</u></b> Turkey Sandwich, Mashed Potatoes & Gravy, Gr. Beans, Carrot Sticks, Mixed Fruit, Rice Krispie Bar	<b>15 <u>Breakfast</u></b> French Toast <b><u>Lunch</u></b> Fish Nuggets, Tator Tots, Coleslaw, Rosy Applesauce, Frozen Ice Milk	<b>16</b>
<b>17</b>	<b>18 <u>Breakfast</u></b> Sausage & Toast <b><u>Lunch</u></b> Chicken Tetrazzini, Broccoli & Cauliflower, Peaches, Hot Rolls	<b>19 <u>Breakfast</u></b> French Toast <b><u>Lunch</u></b> Taco Salad, Lettuce, Cheese, Salsa, Carrots, Applesauce, Cookie	<b>20 NO SCHOOL</b> TEACHER IN-SERVICE	<b>21 NO SCHOOL</b>	<b>22 NO SCHOOL</b>	<b>23</b> 
<b>24</b> 	<b>25 <u>Breakfast</u></b> Pizza Dipper <b><u>Lunch</u></b> Beef Stew, Biscuits, Coleslaw, Pears	<b>26 <u>Breakfast</u></b> French Toast <b><u>Lunch</u></b> Lasagna, Gr. Beans, Applesauce, Hot Rolls	<b>27 <u>Breakfast</u></b> Sausage & Toast <b><u>Lunch</u></b> Ham & Cheese on SMB, French Fries, Baked Beans, Peaches	<b>28 <u>Breakfast</u></b> Breakfast Pizza <b><u>Lunch</u></b> Pizza, Lettuce Salad, Carrots, Mixed Fruit, Frozen Ice Milk	<b>29 <u>Breakfast</u></b> Pizza <b><u>Lunch</u></b> Tuna Salad Sandwich, Potato Chips, Mixed Veggies, Pears, Corn Flake Bar	<b>30</b>

# May 2011

**\*\*REMINDER Lunch Accounts need to be in good standing at the end of the school year\*\***

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	<p><b>2 <u>NO SCHOOL</u></b> <b><u>Teacher In-Service</u></b></p>	<p><b>3 <u>Breakfast</u></b> Eggs &amp; Toast <b><u>Lunch</u></b> Turkey Fritter on SMB, Corn, Pears</p>	<p><b>4 <u>Breakfast</u></b> Breakfast Pizza <b><u>Lunch</u></b> Santa Fe Pasta, Mixed Veggies, Sweet Potatoes, Applesauce, Bread Sticks</p>	<p><b>5 <u>Breakfast</u></b> Pancake on a Stick <b><u>Lunch</u></b> Country Fried Steak, Mashed Potatoes, Gr. Beans, Sauerkraut, Peaches, Bar</p>	<p><b>6 <u>Breakfast</u></b> Sausage &amp; Toast <b><u>Lunch</u></b> Macaroni &amp; Cheese, Lil' Smokies, Peas, Sliced Apples, Frozen Ice Milk</p>	<p style="text-align: center;"><u>Being Healthy Tips</u></p> <ul style="list-style-type: none"> <li>• Start the day with a healthy breakfast. It refuels your body and gives you energy for the day.</li> <li>• Eat slowly. It takes 20 minutes for your brain to register that you are full.</li> </ul>
8	<p><b>9 <u>Breakfast</u></b> French Toast <b><u>Lunch</u></b> Chicken Strips, French Fries, Carrot Sticks, Peaches, Chocolate No- Bake Bar</p>	<p><b>10 <u>Breakfast</u></b> Sausage &amp; Toast <b><u>Lunch</u></b> Burrito, Lettuce, Cheese, Salsa, Corn, Spanish Rice, Pears, Frozen Ice Milk</p>	<p><b>11 <u>Breakfast</u></b> Eggs &amp; Toast <b><u>Lunch</u></b> Pizza, Lettuce Salad, Carrots, Mixed Fruit, Cobbler</p>	<p><b>12 <u>Breakfast</u></b> Pizza <b><u>Lunch</u></b> Ham &amp; Cheese on SMB, Baked Beans, Rosy Applesauce, Carrot Sticks, Jello</p>	<p><b>13 <u>Breakfast</u></b> Pizza Dipper <b><u>Lunch</u></b> Spaghetti w/Meat Sauce, Broccoli &amp; Cauliflower, Sliced Apples, Fresh Fruit, Oatmeal bar</p>	<ul style="list-style-type: none"> <li>• Eat more vegetables and fresh fruits. Aim for a total of 2 cups of fruit and 2 1/2 cups of vegetables every day</li> <li>• Drink plenty of fluids. Choose water, low-fat or nonfat milk and low calorie or diet beverages.</li> </ul>
15	<p><b>16 <u>Breakfast</u></b> Eggs &amp; Toast <b><u>Lunch</u></b> Chicken &amp; Noodles, Gr. Beans, Peaches, Cinnamon Roll</p>	<p><b>17 <u>Breakfast</u></b> Cinnamon Roll <b><u>Lunch</u></b> Hamburger on SMB, French Fries, Peas, Sliced Apples</p>	<p><b>18 <u>Breakfast</u></b> Breakfast Pizza <b><u>Lunch</u></b> Taco Salad, Cheese, Chips, Salsa, Carrots, Mandarin Oranges, Cookie</p>	<p><b>19 <u>Breakfast</u></b> French Toast <b><u>Lunch</u></b> Beef &amp; Noodles, Mashed Potatoes &amp; Gravy, Corn, Pears, Hot Rolls</p>	<p><b>20 <u>Breakfast</u></b> Sausage &amp; Toast <b><u>Lunch</u></b> Weiner Winks, Baked Beans, Sauerkraut, Rosy Applesauce, Frozen Ice Milk</p>	<ul style="list-style-type: none"> <li>• Move more. Try to get between 30 and 60 minutes of physical activity every day. Several 10 to 15 minute sessions of moderate activity each day add up.</li> </ul>
22	<p><b>23 <u>Breakfast</u></b> Eggs &amp; Toast <b><u>Lunch</u></b> Pizza, Lettuce Salad, Carrots, Pears, Frozen Ice Milk</p>	<p><b>24 <u>Breakfast</u></b> Pizza <b><u>Lunch</u></b> GRILLING: Hamburgers, Brats, Potato Chips, Corn, Peaches, Choc. Cake</p>	<p><b>25 <u>Breakfast</u></b> Sausage &amp; Toast <b><u>Lunch</u></b> Cooks Choice, Potato Wedges, Corn, Spinach, Applesauce, Sugar Cookie</p>	<p><b>26 <u>Breakfast</u></b> Pizza Dipper <b><u>Lunch</u></b> Chicken Strips, French Fries, Lima Beans, Mixed Fruit</p>	<p><b>27 <u>Breakfast</u></b> Cereal &amp; Toast <b><u>Lunch</u></b> Ham Sandwich, Green Beans, Mandarin Oranges</p>	28 
29 	30 Memorial Day	31	<p><b>MENU IS SUBJECT TO CHANGE</b></p> <ul style="list-style-type: none"> <li>-Milk and 100% Juice is offered with each breakfast.</li> <li>-Either white or chocolate low fat milk is offered with every meal; as is a peanut butter sandwich when no other bread is offered.</li> <li>-Lettuce salad bar will be offered to staff, middle school and high school students.</li> </ul>			